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www.kingcounty.gov/health

Su'aalaha Badanka la Isweydiyo - Hargabka H1N1 (Hargabka Doofaarka)

Waa Maxay Hargabka H1N1?

Fayraska H1N1, oo sidoo kale loo yaqaan "Hargabka doofaarka" iyo "hargabka A ee doofaarka" waa fayraska fida oo dadka qaba ay kuwa kale ugu gudbin karaan qufac ama hindhiso. Marka ay dadku qufacaan ama hindhisaan, waxay jeermiska raaciyaan hawada ama oogada walxaha ay dadka kale taaban karaan. Fayraska H1N1 isuma gudbiyaan doofaarka iyo dadku ama cunista waxyaabaha laga helo doofaarka.

Maxaan sameeyaa si aan isaga ilaaliyo in aan qaado Fayraska H1N1?

Ugu horreynta arrinta ugu muhiimsan: Maydh gacmahaaga, iskana ilaali in aad u dhowaato dadka xannuunsanaya.

Waa Maxay Astaamaha Fayraska H1N1?

Astaamaha Fayraska H1N1 ee dadku waxa uu la mid yahay kuwa hargab-xilliyeedka: xumad, qufac, cuno xannuun, jidh xannuun, madax xannuun, qandho iyo tabcaan. Dadka qaarkood ayaa sheegay matag iyo shuban.

Ma leeyahay daaweyn hargabka H1N1?

Haa, waxa jira daawooyin ka hortagga fayraska oo lagu daweyno fayraska H1N1. Daawooyinkan dhakhtarku qoraa waxay ugu fiican yihiin marka la bilaabo 2 maalmood gudahood marka aad aragto Astaamaha fayraska. Dhakhtar caafimaad ayaa go'aaminaya in qofka xannuunkiisu gaadhsiisan yahay inuu u baahan yahay daaweyn. Wakhtigan xaadirka ah ma jiro tallaal lagaga hortago fayraska H1N1.

Maxaan sameeyaa haddii aan xannuunsanayo?

- Gurigaaga joog, ha tegin shaqada ama iskuul, hana socdaalin. Is baxnaani oo dadka kalena ka ilaali in ay cudurka qaadaan.
- Ku Dabool sankaa iyo afkaaga tuwaal ama suxulkaaga marka aad qufacdo ama hindhisto.
- Gacmahaaga ku maydh saabuun iyo biyo, gaar ahaan marka aad qufacdo ama hindhisto. Haddii aanay suurto gal kuu ahayn saabuun iyo biyo, isticmaal gacmo-nadiifiye alkool leh.

Sidee baan u go'aansadaa in aan raadsado daaweyn?

Dadku waa in ay go'aansadaan marka ay raadsanayaan daaweyn sida ay u sameeyaan xaaladaha caadiga ahba. La tasho dhakhtar caafimaad ama raadi daaweyn marka aad aragto:

- Xumad saddex maalmood ama ka badan oo aan lahayn sabab la garan karo.
- Cuno xannuun xun ama qufac daran.
- Xannuun si deg-deg ah u sii xumaanaya.
- Laab xannuun.
- Qofka oo aan jawaabi karayn ama aan sariirta ka kici karayn.

Haddii aad u baahan tahay daaweyn oo aanad lahayn dhakhtar caafimaad ama caymis caafimaad, la hadal **Barnaamijka Helitaanka Caafimaadka Bulshada** telefoonka **800-756-5437**. laguma weydiin doono caddayn ku saabsan xaaladdaada muhaajirnimo.

Warbixin dheeraada iyo iyo wararka soo kordha kala xidhiidh:

Caafimaadka Bulshada – Seattle & King County, www.kingcounty.gov/health/H1N1

Khadka Warbixinaha Bulshada, 206-296-4949

Xarumaha Kaantaroolka Cudurada iyo ka hortagga (CDC), www.cdc.gov/h1n1flu

Khadka 24 saac ee CDC, 800-232-4636, 888-232-6348 TTY

Waaxda Caafimaadka ee Washington, www.doh.wa.gov/swineflu